

CAMPUS RECREATION
MMC GROUP FITNESS SCHEDULE

 ENTRY CUTOFF 10 MINS AFTER CLASS TIME

 ! REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Vinyasa Yoga with Isabella	Cycling with Ray	Vinyasa Yoga with Isabella	Cycling with Ray		
11:00AM						Cycling with Linda
12:00PM	Cycling with Thomas	Power Yoga with JC	Cycling with Thomas	Power Yoga with JC	Power Yoga with JC	HIIT & Tone with Linda
4:00PM	GLC (Glutes, Legs, Core) with Ray	Sculpt 360 with Ray	GLC (Glutes, Legs, Core) with Ray	Sculpt 360 with Ray	Zumba with Robert	
5:00PM	Sculpt 360 with Ray	Mat Pilates with Meredith	Sculpt 360 with Ray	Mat Pilates with Meredith		
6:00PM	Zumba with Tony	Cycling with Freddie	Zumba with Tony	Cycling with Freddie		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO

CAMPUS RECREATION
BBC GROUP FITNESS SCHEDULE

 ENTRY CUTOFF 10 MINS AFTER CLASS TIME

 ! REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11:00AM		Cycling with Heather		
1:00PM				Cycling with Heather
4:00PM			Cycling with Haley	

LOCATION KEY:  FITNESS STUDIO